

# ANIMACIJSKI PROGRAM

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April

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### PONEDELJEK

**7.45-8.15** Jutranja vadba na prostem, zbor na recepciji

**8.30-9.00** Vodna aerobika, notranji bazen

### TOREK

**7.45-8.15** Jutranja vadba na prostem, zbor na recepciji

**8.30-9.00** Vodna aerobika, notranji bazen

**11.45-12.15** Sproščujoča skupinska vadba v Bioenergetskem parku, zbor na recepciji

**12.30-14.30** Rekreativni pohod do Belega križa, zbor na recepciji

### SREDA

**7.45-8.15** Jutranja vadba na prostem, zbor na recepciji

**8.30-9.00** Vodna aerobika, notranji bazen

### ČETRTEK

**7.45-8.15** Jutranja vadba na prostem, zbor na recepciji

**8.30-9.00** Vodna aerobika, notranji bazen

### PETEK

**12.30-14.30** Rekreativni pohod do Simonovega zaliva, zbor na recepciji

**14.00-14.30** Sproščujoča skupinska vadba na prostem, zbor na recepciji

### MONDAY

**7.45-8.15** Morning exercise outdoors, meeting at the reception

**8.30-9.00** Water aerobics, indoor pool

### TUESDAY

**7.45-8.15** Morning exercise outdoors, meeting at the reception

**8.30-9.00** Water aerobics, indoor pool

**11.45-12.15** Relaxing group exercise in the Bioenergetic Park, meeting at the reception

**12.30-14.30** Recreational hike to the White Cross, meeting at the reception

### WEDNESDAY

**7.45-8.15** Morning exercise outdoors, meeting at the reception

**8.30-9.00** Water aerobics, indoor pool

### THURSDAY

**7.45-8.15** Morning exercise outdoors, meeting at the reception

**8.30-9.00** Water aerobics, indoor pool

### FRIDAY

**12.30-14.30** Recreational hike to Simonov zaliv, meeting at the reception

**14.00-14.30** Relaxing group exercise outdoors, meeting at the reception

